



Junket

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RECIPES

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by The Junket Folks*



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*Delicious
Desserts
easily and quickly
made with*

Junket
REG. U.S. PAT. OFF.
and Milk



Published by Domestic Science Dept.

THE JUNKET FOLKS

LITTLE FALLS, N. Y.

TORONTO, CAN.



Five reasons why Milk is the best Food

There is no other food that can replace Milk in the daily diet.

Milk contains the valuable vitamins needed for growth and health.

Milk builds strong bones, teeth and muscles, and repairs wear and tear.

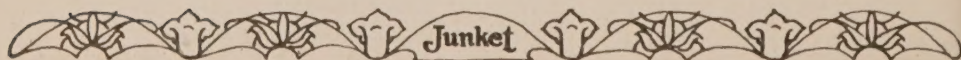
Milk strengthens the nerves and increases the body resistance to disease.

Milk supplies the heat and energy the body needs to perform its work.

Milk gives proper balance to a diet and more food value at less cost than any other food.

“Desserts may be made a most valuable part of the meal by choosing those made with milk.”—

U. S. Food Administration.





Five reasons why Junket is the best Milk Food

All that can be said of milk as a food is true of junket
—and more.

Junket requires no cooking. The vitamins which are abundant in milk are not destroyed.

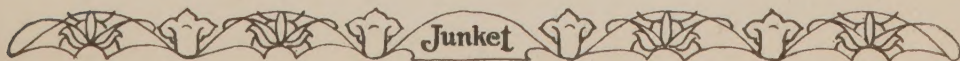
Junket contains the wonderful enzyme “rennin” which makes milk perfectly digestible.

Junket is 100 per cent wholesome. It is what we digest that nourishes our bodies and keeps us well.

Junket, like milk, gives more food value at less cost than any other food.

Junket gives milk a delicious taste. Everyone likes it even tho they do not like plain milk.

“Junket is not a jelly-powder. It contains no gelatine or cornstarch. Delicious custard-like desserts are easily and quickly made with Junket.



DIRECTIONS FOR USING

Junket Tablets

REG. U.S. PAT. OFF.

NOT FLAVORED OR SWEETENED



FOR PLAIN JUNKET DESSERTS,
MILK FOODS AND ICE CREAM
MODIFIED MILK FOR INFANTS AND
THE BEST COTTAGE CHEESE

1 Junket Tablet used to 1 pint Milk.

FIRST STEP

Put 1 Junket Tablet and a tablespoon of *cold water* in a cup. Crush with a spoon and dissolve thoroughly. Get individual dessert glasses ready.

SECOND STEP

Take 1 pint of fresh milk (pasteurized milk may be used, but not condensed or evaporated), warm slowly to *lukewarm*—NOT HOT (110 degrees F.) Add 1½ tablespoons of sugar and ½ teaspoon of vanilla or to taste. Other flavors less or more. If desired, add a few drops of Junket Brand Food Color.

THIRD STEP

Add the dissolved Junket Tablet to the lukewarm milk and stir quickly for a few seconds.

FOURTH STEP

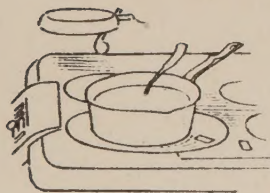
Pour at once into the dessert glasses and let stand in a warm room *undisturbed* until firm—*about 20 minutes*. Then, without jarring, remove to a cold place or the refrigerator and leave until serving time. Serve in the same glasses.



Junket Powder

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SWEETENED IN SIX FLAVORS



VANILLA - RASPBERRY - ORANGE
CHOCOLATE - LEMON - COFFEE

MAKES CUSTARD-LIKE DESSERTS
IN A JIFFY

1 package Junket Powder used with
1 pint of milk makes 4 servings.

* * *

1 level tablespoon Junket Powder to
 $\frac{1}{2}$ cup milk for individual dish.

FIRST STEP

Get individual dessert glasses ready. Take 1 pint of fresh milk (pasteurized or powdered milk may be used but not condensed or evaporated), warm slowly to lukewarm—NOT HOT (110 degrees F.) Remove from stove.

Chocolate Junket requires milk a trifle more than lukewarm.

SECOND STEP

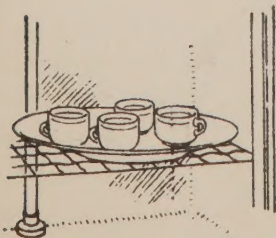
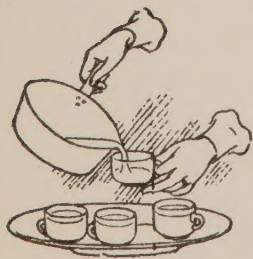
Take the Junket Powder, crush any lumps, turn it into the lukewarm milk, stirring briskly. It will dissolve in less than one minute. Do not stir it longer.

THIRD STEP

Pour at once into the dessert glasses and let stand in a warm room *undisturbed* until firm—*about 20 minutes*.

FOURTH STEP

When firmly set, remove, without jarring, to a cold place or the refrigerator and leave until serving time. Serve in same glasses. Serve plain or with whipped cream or fruit sauces.





JUNKET DESSERTS



Junket Powder with milk makes dainty, custard-like desserts, which are easily and quickly made.

Junket Tablets are used for plain junket desserts, ice cream, cottage cheese and infant foods.

The directions should be followed carefully. Do not overheat the milk, or disturb a dessert while it is setting.

Junket Powder is used as the basis for most of these dessert recipes. *Any of the desserts can be made with Junket Tablets, but Junket Powder is easier to use, being sweetened and flavored.*

VANILLA JUNKET WITH FRESH BERRIES

1 package Vanilla Junket Powder
1 pint milk

Raspberries or Strawberries
Powdered sugar

Make junket according to the directions given on Page Five. When ready to serve, dust berries with powdered sugar and fill up the glasses. Whipped cream may top the berries.

Fruits of the acid variety—oranges, pineapple, strawberries and the like—should not be put into the milk when making junket, as the fruit causes it to whey. These fruits should be crushed, sweetened and placed on top as the dessert is served.

Blackberries or raspberries may be put into the dessert, also canned or preserved berries, peaches or other fruits.



LEMON JUNKET WITH APRICOT WHIP

1 package Lemon Junket Powder
1 pint milk 2 egg whites

$\frac{1}{4}$ cup stewed apricots
4 teaspoons sugar

Make junket according to the directions given on Page Five. Beat the egg whites until stiff, add the apricots, which have been put through a sieve, and sugar, and mix thoroughly. Pile on top of the junket when ready to serve.

JUNKET PLUM PUDDING

1 package Vanilla Junket Powder
1 pint milk

$\frac{1}{2}$ cup grape-nuts
 $\frac{1}{4}$ cup raisins
 $\frac{1}{4}$ cup chopped dates

Speck each of nutmeg, cloves and cinnamon

Put grape-nuts, raisins and dates in the bottom of the dessert glasses. Warm the milk to lukewarm—*not hot*. Remove from the stove, add spices and Junket Powder and stir for *one minute* to dissolve. Pour at once over the fruit and grape-nuts in the glasses. Let stand in a warm room until firm—about 20 minutes, then put in a cool place until serving time.

RASPBERRY JUNKET PARFAIT

1 package Raspberry Junket Powder
1 pint milk
 $\frac{1}{2}$ cup sugar

2 whites of egg
 $\frac{1}{4}$ cup each of dates, figs, nuts and raisins chopped
 $\frac{1}{4}$ cup cocoanut

Put the chopped fruit, nuts, and the cocoanut in the bottom of the dessert glasses. Beat egg whites stiff; warm the milk to lukewarm—*not hot*. Remove from stove, add the sugar and Junket Powder, and stir for *one minute* to dissolve, then stir in quickly the beaten egg whites. Pour immediately over the fruit and nuts in the glasses. Let stand in a warm room until firm—about 20 minutes, then put in a cool place until serving time. Whip cream, flavor with 1 teaspoon of maraschino cherry juice, or other flavoring. When ready to serve, put on top of the junket, and sprinkle with cocoanut.

VANILLA JUNKET WITH CHOCOLATE SAUCE

1 package Vanilla Junket Powder
1 pint milk

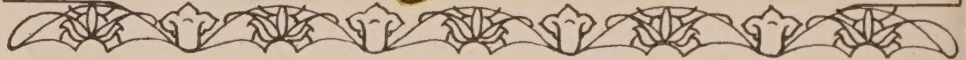
Maraschino Cherries
Marshmallow Whip

Make junket according to directions given on Page Five.

At serving time, place a tablespoon of marshmallow whip and a cherry on each glass of junket and pour over top a chocolate sauce.

Chocolate Sauce—Melt 1 square of chocolate with 1 cup of sugar, add $\frac{1}{2}$ cup of sweet cream, and cook together ten minutes. Serve either hot or cold.





CHOCOLATE JUNKET WITH CREAM CHERRIES

1 package Chocolate
Junket Powder
1 pint milk
 $\frac{1}{2}$ cup cream

White 1 egg
1 tablespoon powdered
sugar
Maraschino cherries

Make junket according to the directions given on Page Five. Just before serving, whip the cream with 2 tablespoons of the cherry juice. Beat the white of egg until stiff, adding gradually the sugar. Fold this into the cream with the cherries cut in small pieces.

FRUIT SOUFFLE ON VANILLA JUNKET

1 package Vanilla Junket
Powder
1 pint milk

White 1 egg

1 cup powdered sugar
1 cup fresh strawberries or
raspberries

Make junket according to the directions given on Page Five. Put the berries, without cores or spots, into a bowl and sprinkle the powdered sugar over them. Add the unbeaten egg white, and beat with a wooden spoon or silver fork, slowly, until the berries are broken, then rapidly until stiff—it takes about 30 minutes—then place in ice box. Pile lightly on junket when serving.





ORANGE JUNKET WITH PRUNE WHIP

1 package Orange Junket Powder
1 1/4 cups stewed prunes

1 pint milk
Sugar
White 1 egg

Put the stewed prunes through a coarse sieve into a large bowl; sweeten to taste. Add the white of egg and beat with a wire whisk until stiff.

Fill tall dessert glasses half full. Make junket according to the directions given on Page Five. When ready to pour, *hold a spoon flat over the whip to catch the junket as it is poured in.* This careful pouring will keep the whip from floating. Let stand in a warm room, undisturbed, until firm—about 20 minutes, then put in a cool place until serving time.

COFFEE JUNKET DELICIOUS

1 package Coffee Junket Powder
1 pint milk

1/4 cup chopped figs
1/4 cup chopped nuts

1/4 cup maraschino cherries, chopped

Put fruit and nuts in the bottom of dessert glasses. Make junket according to directions on Page Five, and pour over the fruit and nuts in the bottom of the glasses. Let stand in a warm room, undisturbed, until firm, then put in a cool place until serving time. Top with whipped cream.

JUNKET FOR QUICK DESSERTS

Dainty refreshments can be prepared quickly if Junket Powder is kept on hand. There are numerous ways of serving delightful desserts made with Junket Powder.

A FEW SUGGESTIONS

Vanilla Junket with Cut-Up Oranges—Cinnamon Toast
Raspberry Junket with Raspberry Whip—Nut Bread Sandwiches
Orange Junket with Chopped Nuts—Sugar Cookies
Chocolate Junket with Marshmallows—Saltines
Lemon Junket with Sliced Bananas—Angel Food Cake
Coffee Junket with Marshmallow Whip—Sponge Cakes

SAUCES TO SERVE WITH JUNKET

NOVELTY WHIPPED CREAM

Whip $\frac{1}{2}$ pint cream and sweeten to taste. Add to it $\frac{1}{4}$ cup chopped English walnuts or pecans and 5 maraschino cherries cut in small pieces. Flavor with the cherry juice. Pile this on the junket.

RASPBERRY WHIP

Soften $\frac{1}{2}$ cup marshmallow whip with 1 tablespoon boiling water. Stir in 2 tablespoons of Raspberry Jam, and serve on top of junket. Delicious with Raspberry or Vanilla Junket.

PINEAPPLE SAUCE

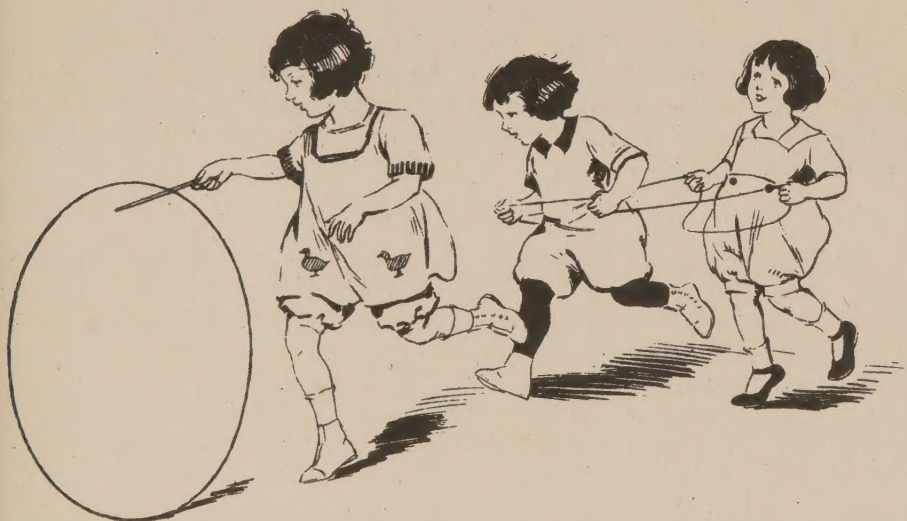
Grate fresh pineapple, or use canned grated pineapple, to measure 1 cup. Boil together $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup of water until they spin a thread. Take from stove, stir in quickly the grated pineapple and chill.

BUTTERSCOTCH SAUCE

$1\frac{1}{4}$ cups brown sugar	4 tablespoons butter
$\frac{2}{3}$ cup corn syrup	$\frac{3}{8}$ cup heavy cream
	$\frac{3}{8}$ cup milk

Put sugar, corn syrup and butter in saucepan; bring to the boiling point, and let boil until a soft ball may be formed when tried in cold water; then add cream and milk.





JUNKET FOR CHILDREN

Milk with Junket makes a wonderful food for children. It makes strong bones, teeth and muscles. Being a pure milk food it is rich in vitamins, the substances so essential for the growth and development of their bodies. A child's diet should always include this wonderful milk food.

JUNKET WITH CEREAL

Junket, prepared in cereal dishes and placed in the ice box overnight to be eaten the next morning for breakfast with either cooked or uncooked cereal piled on top, makes a novel and refreshing breakfast food. Fresh berries or stewed prunes with it make an ideal breakfast dish.

CINNAMON JUNKET

Take $\frac{1}{2}$ cupful from 1 pint fresh milk, scald with enough stick cinnamon to flavor well, cool to lukewarm. Add rest of the pint of milk; sweeten to taste. Dissolve 1 Junket Tablet in spoonful cold water, stir into the slightly warm milk, and let set until firm.

POSTUM JUNKET

Make plain junket as on Page 4, using strong Postum in place of other flavoring, and sweeten to taste. This is tasty, healthful and good for children, or anyone who should not have coffee.

JUNKET INFANT FOODS

The three infant foods given on this page contain different amounts of casein. Junket Whey has practically no casein; Junket Baby Food contains enough casein and fat to make it somewhat like mother's milk; and in Protein Milk all of the casein is retained.

JUNKET WHEY

Dissolve 2 Junket Tablets in 1 tablespoon cold water. Take one quart fresh milk, warm to lukewarm (100°F), add dissolved Junket Tablets, let stand in a warm room until firm. While warm, cut curd gently into coarse pieces to separate the whey, and carefully strain through fine muslin. Sweeten, if desired. Serve the whey fresh and cold. Junket Whey is excellent as a temporary substitute for milk, containing much of the nutriment but not the fat.

A SIMPLE TESTED JUNKET BABY FOOD

Warm 1½ quarts milk to lukewarm (100°F). Remove from stove and add 2 Junket Tablets dissolved in a tablespoon cold water. Let milk stand in a warm room until firm, then stir it to break the curd. Place back on stove, stir until quite smooth, not allowing it to get warmer than lukewarm, then strain through two thicknesses of cheesecloth. Be careful to squeeze well to obtain all the whey possible.

Add 1 tablespoon sugar to sweeten. Pour into nursing bottles, amount being according to age of infant. A sufficient number of bottles can be prepared for 24 hours feeding. Keep the milk in a cool place, as it will sour the same as fresh milk. At every feeding the milk must be warmed by placing bottle in a pan of water and heating to the right temperature.

PROTEIN OR ALBUMIN MILK

Warm 1 quart of milk slightly (100°F), add to it 2 Junket Tablets dissolved in a tablespoon of cold water. Let stand until firm. Cut the curd into pieces with a knife, and strain through two thicknesses of fine muslin until the whey is entirely drained off, then wash with cold water (that has been boiled) and press through a very fine sieve several times.

To this curd add 1 pint of cold boiled water and 1 pint of buttermilk. This mixture contains very little milk sugar, a small amount of salt, and a large amount of lactic acid. It is valuable for use in cases of intestinal disorders of infants.



JUNKET ICE CREAM

Junket Ice Cream is an "uncooked" ice cream—meaning that the liquid is not cooked before freezing. It is very easy to make.

Junket Ice Cream is the most economical ice cream as it is creamier with less cream, and no eggs are used. 1 part cream to 4 parts milk is the general rule for making. Condensed milk can be used in the proportion of 1 part condensed milk to 7 parts fresh milk.

Ice Cream made with Junket Tablets can be flavored with extracts and fruits to suit the taste but when made with Junket Powder the flavors are already prepared.

ICE CREAM MADE WITH JUNKET POWDER

Makes 1½ Quarts

2 packages Junket Powder, any flavor
½ pint cream

1½ pints milk
2 tablespoons sugar

Mix the milk and cream, and warm to lukewarm—*not hot*. Add the sugar and Junket Powder and stir for one minute to dissolve, then pour immediately into the freezer can, and let stand in a warm room until firm, about 20 minutes. Place can in freezer, pack with ice and salt, freeze slowly to a thick mush, then finish freezing rapidly.

VANILLA JUNKET ICE CREAM

Makes 2 Quarts

2 Junket Tablets
1 quart milk
½ pint cream

1 cup sugar
1 tablespoon vanilla
1 tablespoon cold water

Mix milk and cream together, and warm to lukewarm—*not hot*, then add sugar and vanilla. Dissolve Junket Tablets in the cold water, add to the milk, stir well a moment, then pour immediately into the freezer can, and let stand in a warm room until firm—about 20 minutes. Place can in freezer, pack with ice and salt and freeze slowly to a thick mush, then finish freezing rapidly.

CHOCOLATE JUNKET ICE CREAM

Makes 2 Quarts

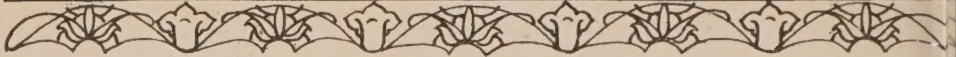
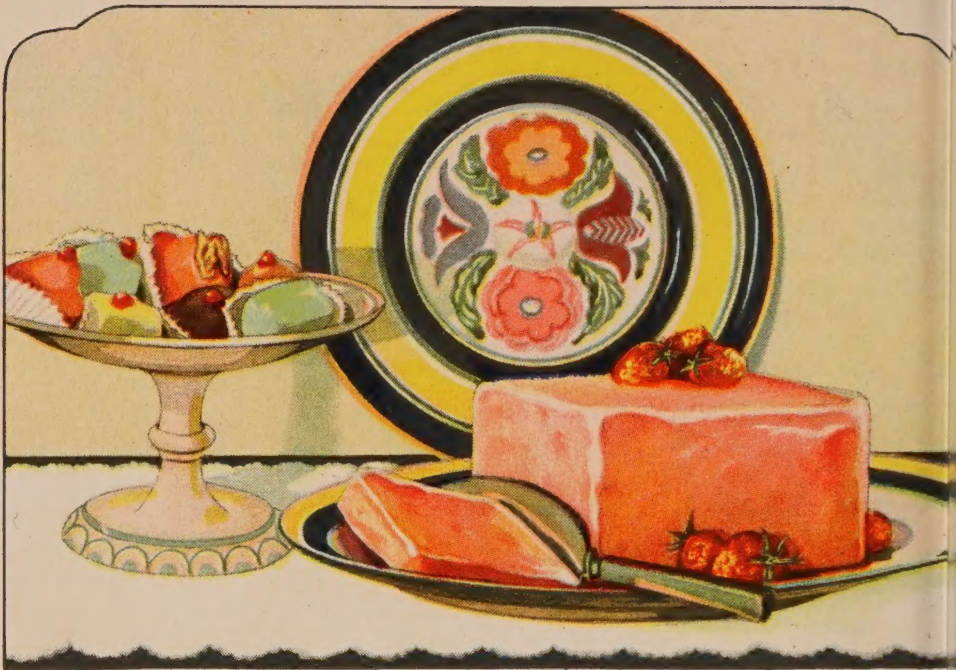
2 Junket Tablets
1 quart milk
½ pint cream

1 square chocolate
1 cup sugar
1 teaspoon vanilla

1 tablespoon cold water

Mix the chocolate, 1 tablespoon of the sugar, and about 3 tablespoons hot water and stir over the fire to a smooth paste. Add milk, rest of sugar, and vanilla. Warm until lukewarm *not hot*, then dissolve Junket Tablets in the cold water and add to milk mixture. Stir a moment, then pour immediately into the freezer can and let stand in a warm room until firm—about 20 minutes. Place can in freezer and freeze to a thick mush slowly, then finish freezing rapidly.





STRAWBERRY JUNKET ICE CREAM

Makes 2 Quarts



2 Junket Tablets
1 quart milk
 $\frac{1}{2}$ pint cream

1 cup sugar
1 cup strawberry juice
1 tablespoon cold water

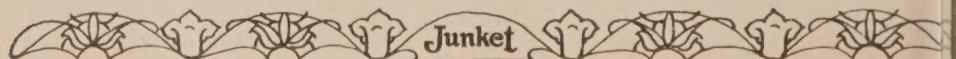
Mash fresh berries through a sieve to get 1 cup of juice. Mix milk and cream, and warm to lukewarm, add sugar and strawberry juice. Dissolve the Junket Tablets in the water, add to the milk and juice, and stir a moment. Pour immediately into the freezer can and let stand until firm. Place can in freezer, pack with ice and salt, freeze to a thick mush then finish freezing rapidly.

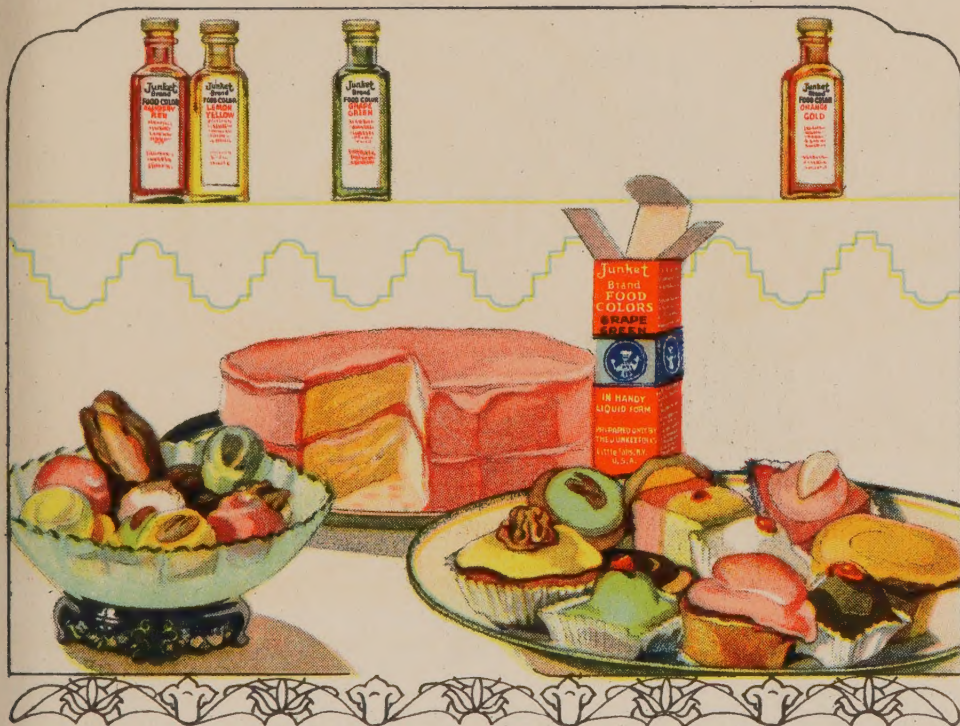
FRUIT ROYAL JUNKET CREAM

2 Junket Tablets
1 quart milk
 $\frac{1}{2}$ pint cream
1 beaten egg
 $1\frac{1}{2}$ cups sugar
1 tablespoon vanilla

$\frac{1}{2}$ tablespoon lemon extract
1 tablespoon cold water
1 small bottle maraschino cherries
8 figs, 8 dates, $\frac{1}{4}$ cup raisins
6 powdered macaroons

Dissolve Junket Tablets in cold water. Chop fruit. Mix milk and cream and warm to lukewarm, add sugar, beaten egg, flavoring, chopped fruits and cherries, but not the juice. Add dissolved Junket Tablets, stir well a moment, pour immediately into freezer can, let stand in warm room until firm. Put can into freezer, pack round with ice and salt, freeze to a thick mush slowly, then finish freezing rapidly.





JUNKET BRAND FOOD COLORS

IN HANDY LIQUID FORM

For coloring junket, ice cream, candies, gelatin, jellies, cakes, frostings, and beverages.

The greatest charm lies in color. It makes foods more attractive and appetizing.

Junket Brand Food Colors are absolutely pure and are guaranteed by us.

These are used by the most particular cooks. Try them. Any shade from a delicate tint to a deep hue may be obtained with them.

Raspberry Red—a bright berry red
 Lemon Yellow—a clear lemon color
 Orange Gold—a rich deep orange
 Grape Green—a pure medium green

JUNKET MILK SHAKE

A delicious milk drink can be made either by dissolving the Junket Powder in cold milk and serving immediately, or by making junket in any flavor with skimmed milk, adding Junket Powder to one-half the required amount of lukewarm milk in regular directions. Let set until firm, then chill. Beat with an egg beater until smooth, and mix with equal quantity of cold milk.





JUNKET FOR SICK AND INVALID

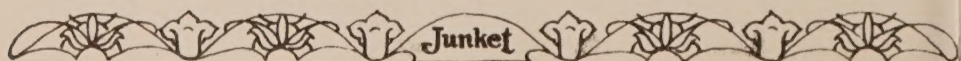
Junket is approved by physicians and food authorities as an ideal food for the sick and invalid. The enzyme "rennin", which is contained in Junket, makes milk foods most appetizing, nourishing, healthful and easily digested.

JUNKET CUSTARD

Beat 2 eggs with 2 teaspoons sugar and gradually blend in a cup of hot milk. Add a pinch of salt. Cook in double boiler until well thickened, then remove at once from stove and cool. Mix 2 teaspoons sugar with $1\frac{1}{2}$ cups milk and 1 teaspoon vanilla; warm slightly, add to the cooled custard and mix thoroughly. Dissolve 2 Junket Tablets in a tablespoon of cold water, add to the custard mixture, stirring quickly; pour at once into cups, let set until firm in a warm room, then place in ice box to chill. This junket custard is also delicious poured over stewed fruit, cooked without sugar.

SACCHARIN JUNKET FOR DIABETICS

Dissolve 1 Junket Tablet in 1 teaspoon of cold water. Sweeten 1 pint of either whole or skimmed milk with saccharin to suit the taste. Warm milk to lukewarm—*not hot*, remove from stove, add $\frac{1}{2}$ teaspoon of vanilla or other flavoring, and dissolved Junket Tablet. Pour into the glasses immediately. Let stand until firm, then cool before serving.



COTTAGE CHEESE

Easily made with Junket Tablets

Eat more Cottage Cheese and less meat. Cottage Cheese is one of the best tissue-building, energy-supplying foods we have. Make any small amount, using skim milk, and eat it fresh.

Always make Cottage Cheese with a Junket Tablet. It will have a finer texture and require less time and attention in making. Following is a simple method used by U. S. Govt. teachers.

MAKING COTTAGE CHEESE WITH JUNKET TABLET

Any small amount of skim milk may be used for this, with a tablespoonful or more of good sour milk.

To 1 gallon, or less, of sweet skim milk, add $\frac{3}{4}$ of a cup of clean sour milk and stir as it is put in. Raise the temperature in hot water to 75°F. (barely lukewarm). Remove from heat and place where it is to remain until set. Add $\frac{1}{8}$ of a Junket Tablet thoroughly dissolved in 1 tablespoonful cold water; stir while adding. Cover with cloth and leave from 12 to 16 hours in even temperature, about 75°F. (kitchen warmth). There should be a slight whey on top, and when poured out the curd should cleave sharply.

Drain through cotton cloth firmer than cheesecloth. When whey has been drained out, work 1 or 2 teaspoonfuls salt into the cheese, according to taste. $1\frac{1}{2}$ to 2 pounds of cheese should be obtained from a gallon of milk.



JUNKET MILK FOOD PREPARATIONS

JUNKET TABLETS.....Packages of ten

Junket Tablets make delicious custard-like desserts and ice cream. Also milk foods for children and invalids, modified milk for infants, junket whey and the best cottage cheese.

JUNKET POWDER.....Makes one pint

Junket Powder makes dainty custard-like desserts and ice cream in a jiffy. No eggs. No cooking.

JUNKET BRAND FOOD COLORS.....1 oz. bottles

For coloring junket, ice cream, candies, gelatin, jellies, cakes, frostings, lemonade and other beverages.

Made only by

THE JUNKET FOLKS

CHR. HANSEN'S LABORATORY, INC.

LITTLE FALLS, N. Y. TORONTO, CAN.



Junket

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and Milk

Partners in Health

